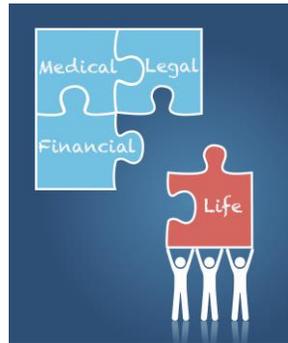


Illinois Self Advocacy Alliance

The Alliance News

Issue #87

June 2019



Supported Decision-Making

Supported Decision-Making (SDM) is a series of relationships, practices, arrangements and agreements designed to assist an individual with a disability to make and communicate to others decisions about their life. It is an alternative to guardianship.

SDM is a tool that allows people with disabilities to retain their decision-making capacity by choosing supports to help them make choices. SDM will look different for everyone. It means finding supports to help a person with a disability understand, make, and communicate their own choices.

Check out this information on Supported Decision-Making to learn more!

<https://autisticadvocacy.org/2016/02/the-right-to-make-choices-new-resource-on-supported-decision-making/>

<http://supportmydecision.org/>

Our Vision

Our vision is for self-advocates to work together to get the support we need to live the life we want in the community.

Our Mission

Our mission is to speak up for ourselves and each other while working together to make changes in our communities and in Illinois.

Our Focus

Our focus is on empowering people to speak up about what they want and need, don't want and don't need, action plan their goals and participate in advocacy at the personal, agency, community and statewide levels.



This newsletter was developed under an investment by the Illinois Council on Developmental Disabilities

Illinois Self-Advocacy Alliance

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Find us on Facebook at Illinois Self-Advocacy Alliance

The Peacemakers self-advocacy group at St Coletta's of Illinois (Tinley Park) recently set up fire safety classes for their peers and supervisors. Brad, the leader of Peacemakers, contacted the local fire department and asked a fire fighter to and talk to his friends about fire safety. Jack Janozik from the Tinley Park fire department came out on three separate days and presented five separate classes for 81 self-advocates and 15 supervisors. The topics covered including changing the smoke alarm battery; get out and stay out; stop drop and roll; fall and crawl (under smoke); don't play with matches; fire drill – stop, listen, and go; and fire inside, don't hide get outside.

The Peacemakers made posters at their meetings in May to reinforce the information learned at the classes and the posters will be displayed around the workshop building.



Cerebral Palsy Group

Cerebral Palsy Group is an online resource for anyone who has been affected by cerebral palsy, birth injuries, or brain injuries. Our team was created so we can provide answers and all types of assistance needed to help improve the quality of life for loved ones and family members with cerebral palsy.

Check out <https://cerebralpalsygroup.com/cerebral-palsy/> for FREE support and useful resources to individuals and families who have been diagnosed with cerebral palsy and other disabilities.



Understanding is the first step to inclusion for people with disabilities.

Our mission is to help those with disability live fuller lives by educating them, their parents, their community, and employers on what it means to live, or raise a child, with a disability. If you have a disability, an interest in making the lives of people with disability better, or just want to know more about what it's like to live with a disability, you will find some great information at <https://disabilityawareness.us/>.

Welcome Wolf Pack!

The Alliance is comprised of self-advocates and self-advocacy groups in Illinois. Let's welcome the newest member group, Wolf Pack at EIASE (Eastern Illinois Area Special Education) LIFE Academy (Mattoon)!

We are the Wolf Pack – we

- **P** Practice safety
- **A** Accomplish our goals
- **C** Cooperate with others
- **K** Kickstart kindness

Wolf Pack meets every week during the school year. Their goals are to “develop transition and vocational skills to foster independence and explore our interests and opportunities”. mission/vision is “To help others who cannot speak up for themselves, and make positive changes in our community for those who have special needs”.

Welcome Wolf Pack; we are excited to learn with and from you!

Welcome NWSRA PURSUIT!



The Alliance is excited to welcome NWSRA (Northwest Special Recreation Association) PURSUIT as a new member group! PURSUIT has three group locations – Rolling Meadows, Hanover Park, and Mt. Prospect.

PURSUIT's mission is to provide opportunities for continued growth for adults with disabilities through recreation and leisure activities that are fulfilling and enriching. Their vision is to be a leading force providing adult day programming options to enrich the life experiences of the adult participants and their families in the communities we serve.

PURSUIT's goals are

- ❖ Recreation and Leisure
- ❖ Skills and Self-Advocacy
- ❖ Community Integration
- ❖ Health and Wellness

PURSUIT meets one time each month at eat location. Check out NWSRA on Facebook at <https://www.facebook.com/NWSRA/>

Welcome PURSUIT; we are excited to learn with and from you!

**CIA**

Change to Independence Altogether

Disability Pride Week

~ Josh K. and Lawson P.

We at Change to Independence Altogether (CIA) set goals yearly. One goal was to attend the disability pride parade in Chicago in July. As we were planning, we realized the parade would not be doable this year. So we brainstormed how we can show our pride and came up with disability pride week.

During the week of June 24th through June 28th, we will celebrate our pride in who we are. We will do this by celebrating 5 parts of our lives. They include advocacy, independent living, employment, community and a big celebration on Friday. We chose colors we will wear each day and advocates came up with quotes also.

We are excited to be to have a pre-pride week activity where we are meeting with a town council person and discuss the state of our town in terms of disability concerns. We would love for others to participate in their towns or agency. Have fun and be proud of who you are. Here is the list of the days and how we are celebrating them. We are still coming up with other activities for each day. If you want more information, please feel free to email us at jasonpasley@marcfirst.org.

Monday, June 24th- Advocacy- Wear RED! "We speak up to keep control our lives!"

Tuesday, June 25th- Independent Living- Wear YELLOW! "More independence, more happiness!"

Wednesday, June 26th- Employment- Wear PINK! "Having a job is not just about the money, but also more social opportunities!"

Thursday, June 27th- Community- Wear GREEN! "When the community supports us, we can do anything!"

Friday, June 28th- Celebration! - Wear PURPLE! - "Celebrating the past, changing the future!"

WE NEED YOU! TO MAKE IT HAPPEN

WE NEED YOU... to contribute to The Alliance newsletter each month. Share your ideas, hopes, dreams, success stories and challenges with The Alliance. You can submit an article, a poem, a piece of artwork, photography, write a column, or ask a question.

Let us know if you have any questions. Submit your content to info@selfadvocacyalliance.org.

SAVE THE DATE!

October 28, 2019
6:00-8:00 p.m. Early
Registration & Welcome

October 29, 2019
7:30 a.m. Registration
Summit 8:00 a.m. - 10:30 p.m.

October 30, 2019
Summit 8:00 a.m. - 2:00 p.m.

Wyndham Hotel
(formerly the ~~Hilton~~)
Springfield, IL

SPEAK UP AND
SPEAK OUT
summit

Hear My Voice



Support My Choice!

OPEN MIC LUNCH!
DINNER!
DANCE!
COSTUMES
ENCOURAGED!
WII GAMES!

Questions?
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"Is College Possible For Me?" Webinar Recorded Live on June 11, 2019

View recording at

<https://register.gotowebinar.com/recording/361187770130770947?assets=true>

If you want to go to college but everyone tells you that it will be too hard, I say nonsense. I went to college and I have Cerebral Palsy and am nonverbal. If I did it, so can you. In this webinar, I will provide you many tips that helped me to succeed in college. You don't want to miss this useful webinar!

About the Presenter: Chris Lenart is a public speaker and blogger. He graduated from the University of Illinois at Urbana-Champaign in 1989 and received a degree in Computer Science. Chris worked for HSBC (Hong Kong Synhigh British Columbia) for fourteen years and while working there, received a master's degree in Software Engineering from DePaul University. In 2015, Chris co-authored a book called "They Said We Couldn't" about people living with Cerebral Palsy. You can see his work at www.disabilityawareness.us.

"Let's Learn About Illinois' University Center for Excellence in Developmental Disabilities (UCEDD)" Webinar

Tuesday, July 23, 2019 at 10am CDT

Register at <https://attendee.gotowebinar.com/register/6108078861572761612>

Join us to learn about the UCEDD for the state of Illinois. The Institute on Disability and Human Development (IDHD) at the University of Illinois at Chicago (UIC) is Illinois' University Center for Excellence in Developmental Disabilities (UCEDD). Information about the national UCEDD network will be shared as well as our partners in Illinois. This webinar will share the scope of work being done at IDHD along with specific examples and resources that can be used by people with disabilities and their families, service providers and professionals working in the field, businesses and non-profits as well as policymakers.

About the Presenter: Katie Arnold is Director of Community Education for the Institute on Disability and Human Development and Co-Director of the National Resource Center on Family Support for the Family Support Research and Training Center at the University of Illinois at Chicago. She also serves as the Executive Director of the Sibling Leadership Network, a national nonprofit dedicated to providing siblings of individuals with disabilities the information and support to advocate with their brothers and sisters to promote issues important to them and their entire families. In her work, Ms. Arnold educates and conducts research on various topics including self-directed supports, supporting families, and relationships and sexuality for people with disabilities. Her work is anchored to her experience living in L'Arche communities with people with developmental disabilities based on mutual relationship. Katie's passion for making a positive impact is grounded in her experience as a family member of people with disabilities, including as a sister, a wife, and a new mother.